

AMBIL LANGKAH

PENCEGAHAN

ANGIN AHMAR

80% angin ahmar boleh dicegah.

Jadilah S.M.A.R.T. untuk mencegah angin ahmar.

S M A R T



Smoke-free living

Hidup bebas dari asap rokok



Meals that are healthy

Makan makanan yang sihat



Active lifestyle

Gaya hidup aktif



Regular health screening

Jalani pemeriksaan kesihatan secara tetap



Take prescribed medications

Ambil ubat yang ditetapkan



Stroke Services Improvement

Supported by the Ministry of Health

STOP **SPOT**
STROKE **STROKE**
Know your risk, reduce your risk Fast discovery helps recovery